

THE TRIBUNE

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ROANOKE, VIRGINIA, SATURDAY, FEBRUARY 16, 1957

"WATCH ON THE POTOMAC"

By Robert G. Spivack

THE PRESIDENT WON'T TALK—At his latest press conference President Eisenhower was asked why it is not possible at this time for him to heed the appeal of Montgomery, Alabama Negro ministers to go down South and say something about desegregation.

In the background, of course, were recollections of the President's "I shall go to Korea" speech and Vice President Nixon's recent visit to the Hungarian border. This is what the President said:

"Well, I think I have a pretty good and sizeable agenda on my desk every day, and as you know, I insisted on going for a bit of recreation ever once and a while, and I do that because I think it is necessary to keep up to the state of fitness essential to this job.

"Now, I have just got as much as I can do for the moment, and I will say this, however, I have expressed myself on this subject so often in the South, in the North, wherever I have been, that I don't know what another speech would do about the thing right now."

And, that's that.

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Your Health

--- By ---

DR. M. MAURICE RYANS



Subject: Hyperthyroidism (Graves Disease).

Graves Disease is a condition characterized by enlargement of the thyroid gland with its accompanying symptoms. The cause of hyperthyroidism is unknown, but a strong familial tendency to the disease has been observed. It often develops at times of emotional or physical distress.

In its most well known form the disease is characterized by extreme nervousness, weakness, sensitivity to heat, sweating, restless overactivity, weight loss usually with increased appetite, tremor, palpitation, and prominence of the eyes. Occasionally headaches, nausea, abdominal pain, or diarrhea are prominent features.

Graves disease is suggested by the above symptoms and usually confirmed by the laboratory data. A test called the Basal Metabolism Rate is important in determining the presence of this condition.

Two drugs, propylthiouracil and methimazole are used in treating the disease. Sometimes surgical intervention with excision of a portion of the thyroid gland is necessary.

Next week we shall discuss some problems of change of life in women.

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Burrell Memorial News

Admissions and discharges from February 5 through February 10, 1957.

Admissions: Mrs. Hestena Ferguson, Miss Julia Mae Jones, Mrs. Martin Clervy, Mr. Elijah Baker, Miss Gladys Hughes, Mrs. Constance Braxton, Mrs. Maria Fore, Mrs. Gloria Turner, Mrs. Annie Miller, Mr. Luther Richie, Mrs. Mary Brown, Miss Geraldine Grant, Little Helena Ellis, Mrs. Nancy Oliver, Mr. Richard Banks, Mrs. Katherine Shepherd, Mr. John Ferguson, Mrs. Margaret Smith, Mrs. Louise Dent, Mr. Willie Smith, Mrs. Bessie Reid, Mrs. Beverly Gentry, Mrs. Martha Miller, Mrs. Jan McCadden, Mrs. Carolyn Coles, Mrs. Evelyn Lattimore, Mrs. Florine White, Mr. Nowlin Murphy, Mr. Fairdell Moorman, Mrs. Julia Hale, Mr. Herman Martin, Mrs. Ora Carey, Mrs. Elsie Anderson, Mr. Hugh Jones, Little Robert Hancock, Mr. Eugene Moore, Mr. Lewis Bradley, Mrs. Mamie Gordan, Master Samuel B. Grogans, Mrs. Ernestine Hairston, Mrs. Esther Trent, Miss Clara Virginia Thomas, Master David W. Crump, Mrs. Marian Claytor, Mrs. Shirley Stanley, Mr. William Branch, Mrs. Omega Sherman, Mr. George D. Young.

Newborn: Hannie and Nancy Oliver (M) 2-6-57; John and Jan McCadden (F) 2-7-57; John and Carolyn Coles (M) 2-7-57; Melvin and Elsie Anderson (M) 2-8-57; Ralph and Marian Claytor (F) 2-10-57; Theodore and Shirley Stanley (F) 2-10-57.

Discharges: Mrs. Aliene Harvey, Mrs. Dorothy Howe, Mr. Joseph Helms, Mrs. Cordelia Mack and baby boy, Mrs. Jeanette Walker, Mrs. Emma Jones, Mrs. Shirley E. Smith and baby girl, Miss Thelma Mason, Mrs. Janie Jones, Miss Julia Mae Jones, Mrs. Daisy Daniels, Mrs. Shirley Boyd, Mr. Clifton Fowler, Mr. Myron Perkins, Mrs. Katherine Shepherd, Mr. Walter Hale, Mrs. Mary Keaton, Mrs. Helen Jackson and baby girl, Mr. Albert Meade, Mr. Sheffield Bullard, Little Marshall Henderson, Mrs. Evelyn Lattimore, Little Helena Ellie, Miss Geraldine Grant, Little Barbara Jean Craighead, Mrs. Lou Ann Robinson, Mrs. Betty Streeter, Mrs. Nancy Oliver, and baby boy, Mrs. Marie Fore, Mr. Elmer Hale, Mrs. Buford Andrews and baby girl, Mrs. Jan McCadden, Mrs. Mary Wallace, Mrs. Carolyn Coles and baby boy, Mrs. Frances Blaney and baby girl, Mrs. Lula F. Bratton, Mr. James Bratton, Mrs. Hestena Ferguson.

BUSY BEE CLUB

The Busy Bee Club met at the home of Mrs. Bell Penn, 218 Madison Avenue, N. W., Thursday, Feb. 7, at 5 p.m. The meeting was called to order by the president, Mrs. Frances Bennett; after which Mrs. Nannie Gilbert led the devotions. Mrs. Bell Penn then led the club in a lovely hymn, which we all enjoyed. Following our regular routine of business, Mrs. Penn, hostess, served us a lovely repast.

Those present were Mrs. Frances Bennett, Mrs. Nannie Gilbert, Mrs. Malinda Lawson, Mrs. Martha Moorman, Mrs. Martha Jones, Mrs. Bell Penn, Mrs. Lucy Pittman, Mrs. Ella Hill, Mrs. Hattie Williams, and Mrs. Lucinda Watson.

We had a lovely meeting and all of us enjoyed it very much. We then adjourned to meet with Mrs. Lucy Pitt-

man Thursday, Feb. 14, at 4 p.m., who lives at 538 Chestnut Avenue, N. W.

IDEAL GARDEN CLUB

The Ideal Garden Club met with Mrs. Nannie Price, of Rutherford Avenue, N. W. Plans were discussed for the Spring Flower Show. The topic of the meeting was, "How to Make a Compost Heap." The hostess served a lovely repast.

DEATHS

Miss Lessye Lucas

The funeral services for Miss Lessye Lucas, a retired teacher of Roanoke Public Schools, was held at High Street Baptist Church, Rev. F. G. Sampson, officiating. The choir sang her favorite hymn, "It Pays to Serve Jesus." The Eulogy and prayer of Consolation were given by the pastor, Rev. Sampson. Remarks were made by Mrs.

Madge J. Wheaton. The final hymn, "Precious Lord," was sung by the choir. Mr. William Keen sang "His Eye is On the Sparrow." Acknowledgements of telegrams and reading of the obituary was done by Miss Queen Williams.

Miss Lessye Lucas was the daughter of Mr. and Mrs. Van Lucas. She was born in Roanoke but moved with her parents to Chicago, Ill., where she completed her training. For more than 42 years she taught in Roanoke, and retired from Gilmer School. She was a useful, Christian woman, faithful to her church and community, often lifting her beautiful voice in song wherever it was needed at High Street Church. Because of her love, devotion, and faithfulness, she will be greatly missed.

Surviving are two sisters: Mrs. Delmo Paige and Mrs. Susie Scruggs, Roanoke.

She had taught at Gilmer School more than 40 years.

Funeral at High Street Baptist Church at 3 p.m. Friday. Burial will be in Lincoln.

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COOKING HINTS

by Mary Blake
and her staff



Meatball-Vegetable Skillet is just the thing for that "meat and potato" man in your family. Meatballs made with better-blending Carnation Evaporated Milk are always juicy... never dry and crumbly. No other form of milk makes meat mixtures so good! Try this new recipe soon. It's pretty enough to serve right from the skillet.



MEATBALL-VEGETABLE SKILLET
(Makes 4 servings)

1/2 cup fine dry bread crumbs
1/2 cup undiluted CARNATION
EVAPORATED MILK
1 pound ground beef
1 teaspoon salt
Few grains pepper
1/4 teaspoon nutmeg
2 tablespoons grated onion
2 tablespoons flour

Soak bread crumbs in Carnation Place beef in mixing bowl. Add 1 teaspoon salt, pepper, onion and Carnation mixture. Mix thoroughly. Divide meat mixture into 12 portions and shape into balls. Roll meatballs in flour to coat. Melt shortening

2 tablespoons shortening
2 cups thinly sliced raw potatoes
1 package frozen peas
4 carrots cut in quarters
4 to 8 small onions
1 cup water
1/2 teaspoon salt
Few grains pepper

in frying pan. Brown meatballs on all sides. Add the vegetables and water. Sprinkle with 1/2 teaspoon salt and pepper. Cover tightly. Cook over low heat until vegetables are tender, about 30 minutes. Serve immediately.

In and Around Roanoke

By Florence Fields-Wood

Hello! If I didn't know better, I'd surely surmise that we had suddenly been transported from the Temperate to the Torrid Zone and that we were now in the "rainy weather" season. Haven't the rains been pouring? Earlier, I thought the farmers would be jubilant, but now, I'm not too sure that they haven't seen enough of "rainy weather." Not being a farmer, I know that I have. (Smile)

Roanoke Teacher's Association enjoyed an evening of dinner and dancing in the ballroom of Dumas Hotel last Saturday evening at their Valentine Party.

Mrs. Rolanda S. Moore was crowned valentine queen by her father L. A. Sydnor, principal of Booker T. Washington Junior High School. Mrs. Gertrude West was chairman of the Planning Committee.

We are pleased to report that both Mrs. Lillie Dodd, of Gilmer Avenue, N. W., and Mrs. Annie Easley, of Fairfax, N. W., are on the mend. They are still confined to their homes, and of course, would like to see their friends.

Mrs. Elizabeth Goven, of Washington, D. C., has been visiting her mother Mrs. Annie Easley, of Fairfax Avenue, N. W., for more than a week. Mrs. Goven returned to the nation's capital last Saturday afternoon.

Several Roanokers were off to Virginia's Capitol City last weekend to attend the Board of Governors Meeting of the

Garden Clubs of Virginia. They were, Miss Mary Hairston, Mesdames Lessee Polk, Maxine Young, Bessie Hall, Carrie Calloway, Virginia Belcher, Georgia Epps, Beulah Gravelly, and Annabelle Atkins. The group reports having had a wonderful session.

It was nice talking with Mr. Joseph Helms of Staunton Avenue, N. W. He is at home recuperating from his illness. He was recently a patient at Burrell Memorial Hospital, but is "on the mend" now. We are happy for him.

(Continued to page four)

New Adult Club

(Continued from first page)

fashions for women. A refreshment period will be included in every meeting. Every homemaker of the community is invited to participate.

A second club in the process of being formed is the Graduate Co-Ed Club. Recent High School graduates, and other former Y-Teens who are no longer in school will form the nuclei of this group. Its interests will be the same as that of the Second Cup of Coffee Club. The age group here will be 18-25.

For further information, please contact the Adult Program Director at Orange Avenue YWCA—2-8456. Mrs. Georgia L. Jones is Adult Program Director.

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